MESSAGE OF H.E. MR. B.S. MUBARAK, AMBASSADOR OF INDIA, ON THE OCCASION OF THE SIXTH INTERNATIONAL DAY OF YOGA

JUNE 2020

Yoga is a centuries old guide to healthy living. It is widely acknowledged that yoga is one of the most precious gifts given by ancient Indian sages to mankind. With its unique blend of exercises or Asanas, Yoga can help strengthen the balance between body and mind.

While addressing the 69th session of United Nations General Assembly on September 27, 2014 Hon’ble Prime Minister of India Mr. Narendra Modi urged the world community to adopt an International Day of Yoga. On December 11, 2014 the United Nations General Assembly approved the proposal by consensus with a record 177 countries co-sponsoring the resolution to establish 21st June as International Day of yoga. In its resolution The United Nations General Assembly recognized that Yoga provides a holistic approach to health and well-being and practicing Yoga improves health of the world population.

This year the world would be celebrating the 6th International Day of yoga amidst COVID-19 crisis. Yoga is known for disease prevention, health promotion and management of many lifestyle related disorders. It is widely recognized that inner peace is important for a healthy immune system. It is essentially the balance within us which protects and heals us.

The main principles of Yoga revolve around proper exercise, proper breathing, proper relaxation, proper diet, proper thinking, and meditation. The exercise or Asanas prescribed in the practice of Yoga work primarily on the spine and central nervous system. The Asanas help the spine gains strength and flexibility and improves blood circulation which results in better flow of nutrients and oxygen to all the cells of the body. Asanas improve movements in the joints, enhances the flexibility of the muscles and also massage internal organs and boost their functions. Deep breathing exercises prescribed by yoga helps revitalize body and mind. Deep and conscious breathing helps to reduce stress levels in the body and improves the energy level. Proper or deep relaxation taught under Yoga works at three levels, physical, mental, and spiritual. It promotes peace of mind and energizes the body.

Yoga prescribes a diet which has a positive effect on the body and has a minimum impact on the environment. A diet rich in grains, pulses, fruits and vegetables, nuts, seeds, and dairy products is recommended. Yoga prescribes
and promotes fresh and unrefined food and simple cooking to preserve maximum nutrients. Positive thinking and meditation are the key principles under Yoga for maintaining Peace of Mind. Meditation techniques taught under Yoga enhances focus and helps our mind to be calm. Regular meditation promotes physical and mental well-being.

Modern medical science is now discovering the several health benefits of practicing yoga and the wellbeing it can bring to a person’s body and mind. The human body is a superb creation which has the capacity to intrinsically balances itself, be it between day and night, between the various stages of lives, or be it between active times and resting times. Human body is also created to selfheal itself. We succumb to illness only when this balance is disturbed. Yoga helps and boosts this self-healing power of the body and helps strengthen this complex balance within the body. Yoga also helps managing many lifestyle related disorders like diabetes, hypertension, and respiratory disorders. Yoga helps reduce depression, fatigue, stress, and anxiety disorders. In essence, Yoga can bring a major positive change to a person’s lifestyle and wellbeing.

There are a large number of Yoga Studios in Guatemala, El Salvador and Honduras and yoga is practiced regularly by several Central American citizens. On the occasion of the 6th International Day of Yoga, I wish all Yoga enthusiasts a healthy, happy and peaceful living. To celebrate the 6th International Day of Yoga, Embassy of India in Guatemala, which is also concurrently accredited to El Salvador and Honduras is organizing several events through our Social Media Platforms. We have also announced several prizes for participants. I invite everyone to participate in these events and benefit.

With my best regards,

B.S. Mubarak